



HEALTH SCORE

71%

Spaghetti with Parsley Pesto



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup almonds unsalted
- ☐ 6 servings pepper black freshly ground
- ☐ 4 cups parsley fresh packed ()
- ☐ 0.8 cup chives fresh chopped
- ☐ 6 servings kosher salt
- ☐ 0.8 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan finely grated
- ☐ 1 pound pasta like spaghetti

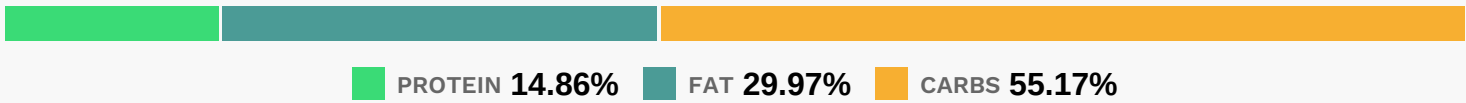
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling saltedwater, stirring occasionally, until al dente.
- ☐ Drain, reserving 2 cups pasta cooking liquid.
- ☐ Meanwhile, pulse almonds in a foodprocessor until smooth.
- ☐ Add parsley, chives,oil, and Parmesan; process until smooth.Season pesto with salt and pepper.
- ☐ Toss pasta and pesto in a large bowl,adding pasta cooking liquid by 1/4–cupfulsuntil saucy. Season with salt and pepper.
- ☐ DO AHEAD: Pesto can be made 5 daysahead. Cover surface directly; chill.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:23.32, Inflammation Score:-10, Nutrition Score:27.596956529047%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 86.21mg, Apigenin: 86.21mg, Apigenin: 86.21mg, Apigenin: 86.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 5.94mg, Myricetin: 5.94mg, Myricetin: 5.94mg, Myricetin: 5.94mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 446.02kcal (22.3%), Fat: 15g (23.07%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 62.11g (20.7%), Net Carbohydrates: 56.73g (20.63%), Sugar: 3.04g (3.37%), Cholesterol: 5.67mg (1.89%), Sodium: 354.62mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.45%), Vitamin K: 670.28µg (638.36%), Vitamin A: 3653IU (73.06%), Selenium: 50.23µg (71.76%), Vitamin C: 56.1mg (68.01%), Manganese: 1.06mg (53.16%), Phosphorus: 284.29mg (28.43%), Vitamin E: 4.24mg (28.28%), Magnesium: 98.18mg (24.55%), Iron: 4.09mg (22.75%), Fiber: 5.38g (21.52%), Folate: 85.5µg (21.38%), Calcium: 207.02mg (20.7%), Copper: 0.41mg (20.64%), Vitamin B2: 0.25mg (14.94%), Potassium: 501.42mg (14.33%), Zinc: 2.12mg (14.16%), Vitamin B3: 2.3mg (11.48%), Vitamin B1: 0.13mg (8.94%), Vitamin B6: 0.17mg (8.72%), Vitamin B5: 0.6mg (5.97%), Vitamin B12: 0.1µg (1.67%)